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The Classmate Magazine

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1991-12

## The Classmate: Officer Students' Spouses' Club Magazine / Vol.5, no.10 (December 1991)

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VOLUME 5, NO. 10 DECEMBER 1991  
OFFICER STUDENTS' SPOUSES' CLUB MAGAZINE

# the classmate

*Seasons Greetings*



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The Classmate was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students' Spouses' Club of the Naval Postgraduate School. Materials and opinions contained herein are those of the contributors and should not be considered an official expression of the Officer Students' Spouses' Club or the Department of the Navy. Advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to reprint any material herein. Published at no cost to the U.S. Government

The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

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Cover photo courtesy of Monterey Peninsula Chamber of Commerce





## Editor's Note

by Seshu Rajan

You may not see any snow on the ground during the Christmas season on the Monterey Peninsula, but there will be plenty of holiday spirit around town. From the annual tree lighting ceremony at the plaza to a celebration of local historic adobes, Monterey and the other cities of the Peninsula sparkle with activities at this time of the year. Personally, this is my favorite season in Monterey. The weather is cold enough to bundle up but not too cold to enjoy the outdoors. With any luck, there will not be any rain during the two weeks of vacation. Just fog-free winter days for you

to cherish the season with your spouse who should be emerging soon from the trance-like state called studying.

Although the holiday sales started before Halloween this year, you may not have given much thought to Christmas and vacation time. This issue of The Classmate has vacation and gift ideas, practical information, and humor. Leigh Gardener and Kellie Wallace bring you some novel vacation destinations that will be diverting without breaking your budget. As always, we bring you Hammer and Thread with holiday decorating ideas, Paw Prints with a recipe for doggie treats, and Coastal Cuisine.

Now, it's time to say farewell. This is the end of my term as the editor of The Classmate. I have enjoyed my experience immensely, but I look forward to being a staff

writer again. I would like to thank the entire staff of The Classmate for their support and cooperation. I am especially indebted to Michele Dougan-Lentz, art designer at Herald Printers and to our advisor, Rosemary Toft. Special thanks also to Sheri Dodsworth, advertising director, for the color cover on this issue. The Classmate's new editor is Monica Maurasse. She has been a staff writer for a few months and was also in charge of the OSSC's Welcome Aboard Evening and other events. I am pleased to be turning over the watch to capable hands. And thanks to you for reading The Classmate.

Merry Christmas to all,  
and best wishes  
for the New Year!

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# President's Message

By Patrice Mull

Can you imagine that we are half-way through this term already? OSSC committees have been working so very hard to turn their plans into realities and these three months have simply flown by.

Several people deserve a special "Thank You" for the countless hours they've racked up on meetings, phone calls, organizing and photocopying. Katherine Muhlbach pulled off yet another successful Bargain Fair in September, and I'm sure we can expect the same success on December 7. Don't miss those great deals! Katherine (a very busy lady) and her Navy Birthday Ball Committee are to be congratulated for the memorable evening they put together in October. It was one week late, because of damage to the ballroom ceiling in July, but ended up a wonderful event when it finally happened.

Terry McKeon, and her very small committee, managed to treat over 500

children at the Halloween Parade. Advance planning and attention to details made this event a pleasure to attend. Lorraine Johnson turned her organizational skills toward Christmas Craft Bazaar held in early November. She and her committee had semi-monthly meetings (fun ones, too—short on business, long on socializing) for several months prior to work out the details. An extra "Thank You" goes to Sharon Kitchener for keeping track of the vendors, and Debbie O'Loughlin for working with the O'Club. Congrats ladies, for organizing this successful club fund raiser!

The Giving Wagon came off without a hitch under the watchful eyes of Genie Lemler and Cathy Stark. They and their crews collected piles of goods to give to charity.

Other events to watch for are the Christmas Bake Sale on December 3 at



Herrmann Hall; Bargain Fair on December 7 at La Mesa School; Santa Visits on December 9 through 12; and Christmas in the Adobes on December 12 and 14. If you would like more information about these events, or would like to offer to help out, please feel free to call me at 655-3976, or any of the OSSC Executive Board members and the respective committee chairs, OR you can try out the **new** OSSC phone number—655-3351—and one of the Executive Board members will return your call, if you leave a message.

Enjoy your holidays!



## OSSC MEMBERSHIP

The OSSC is the Officers Students' Spouses' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSSC also sponsors the Art Auction, Adobe Tour, International Students' Spouses Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSSC Directory. To obtain membership, fill out the form below and send it with a check made out to OSSC to: Sharon Kitchener, 1206 SMC, Monterey, CA. Phone 626-8547. Dues: \$15.00, 1 year/4 quarters for new members/renewals (or remainder of duty stay). Membership is free to all International spouses.

SMC # \_\_\_\_\_ New Member \_\_\_\_\_ Renewal \_\_\_\_\_ Active \_\_\_\_\_ Associate \_\_\_\_\_

Last Name \_\_\_\_\_ First \_\_\_\_\_ Phone # \_\_\_\_\_

Spouse's Name \_\_\_\_\_ Rank \_\_\_\_\_ Service \_\_\_\_\_

Curriculum \_\_\_\_\_ Graduation Date (month/year) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Length of Membership \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Are you interested in committee work? YES \_\_\_\_\_ NO \_\_\_\_\_ Volunteer? YES \_\_\_\_\_ NO \_\_\_\_\_

Would you like to participate in our club administration? YES \_\_\_\_\_ NO \_\_\_\_\_ Would you like a copy of the OSSC By-Laws? YES \_\_\_\_\_ NO \_\_\_\_\_

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSSC Directory? (members only) YES \_\_\_\_\_ NO \_\_\_\_\_



# The Buddy Program of the Monterey Peninsula

If you have driven down Lighthouse Avenue in New Monterey towards Lovers Point Park, you may have noticed a large blue building between Gianni's Pizza and Kentucky Fried Chicken. This is the home of the Buddy Program of the Monterey Peninsula which is a local, non-profit agency. It is designed to help children from one-parent families by matching them on a one-to-one basis with adult volunteers.

The Buddy Program is based on the premise that adults can provide children with the friendship and support needed to grow and mature in a positive way. Since 1971, the Buddy Program has created friendships between adult volunteers and children with a special need for love and attention.

Little Buddies are boys and girls between the ages of 6 and 16 who live in one parent homes. They are referred by parents, teachers, counselors, social service agencies, and doctors. Big Buddies are adult volunteers who have some time to share with a child. Volunteers must be at least 20 years old and may be married or single. Big Buddies must be able to share a minimum of 4 hours a week with their Little Buddies for at least six

months. Big and Little Buddies are matched on the basis of personality, compatibility of interests, and geographic location. Buddies share time in any activity that both enjoy. The Buddy Program encourages activities that are inexpensive, such as hiking, cooking, bicycling, playing sports, and beach walks.

The friendships formed through the Buddy Program help those children through a challenging and crucial time in their lives. Studies show that the Buddy Program is a highly effective means for preventing juvenile delinquency and emotional problems and in preparing children for adulthood. The Buddy Program has been partially funded by the United Way of the Monterey Peninsula. The remainder of the funding comes from the cities served through revenue sharing, program fees, and private donations.

If you are interested in being a Big Buddy, contact the Buddy Program for an application package at 655-9231. Big Buddy Orientations are held on the second Tuesday of every month at 801 Lighthouse Avenue.



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## O.S.S.C. MINI CLASSES

If you are interested in teaching a class, O.S.S.C. Activities would love to hear about it. Please contact Michelle Mikatarian at 433-9625 for more information on listing your class. It's a great way to meet people and put a little money in your pocket! If you are interested in taking any of the classes listed below, please call the instructors for information.

**Art Classes for Children & Adults** — Lisa Stoshak (call Carmel Recreation Dept. at 626-1255 for registration).

**Bowling** — Diane Davidson (375-6620).

**Breast-feeding Made Easy** — Alicia Burgett (646-8919).

**\*\*NEW\*\* Bridge - Beginners** — Carol Ann Kanewski (372-3852); This is your chance to finally learn how to play bridge. Classes go for five weeks with one lesson a week. Call instructor to work out the details.

**Country Fabric Wreath** — Cathy Williams (375-7916).

**\*\*NEW\*\* Guitar Lessons** — Carol Ann Kanewski (372-3852); Advanced lessons for one to two students. The class is offered as one lesson a week for five weeks. Call the instructor to arrange class times.

**Horseback Riding Lessons** — Toni Venza (373-8192).

**\*\*NEW\*\* Mommy and Me Aerobics** — Silvi Steigerwald (649-5075); So your body is not the same since your little bundle of joy came into your life. What are you going to do? I encourage you to bring your infant (6 weeks to 18 months) with you. Come

join the fun and shed that "extra few." Moms help moms and everyone has fun. Moms will take turns on a rotational basis watching the children during a part of the class. Tuesday and Thursday, 9:00 - 10:15 a.m. Contact the instructor for details.

**Mother's Morning Out** — Joy Doyle (647-1133).

**Mother's Morning Out** — Renee Neely (373-3762).

**My Morning Out** — Lynn Ivey (649-8158).

**Piano** — Frank Bruno (375-4389).

**Piano** — Katie Clare Mazzeo (372-2233).

**Piano** — Kazuko Mockett (624-9596).

**Prenatal Exercise Class** — Cheryl Morgan (655-1018).

**\*\*NEW\*\* T-Shirt Painting** — Carol Ann Kanewski (372-3852); This class will be offered for two evenings for a \$10 fee. Bring your own shirt and three colors of paint and learn how to make your own hand-crafted clothes and gifts. Contact the instructor for details on meeting times. Class sizes are limited from 1 to 10.

**Ukrainian Egg Decorating** — Martha Faller (372-6320).

**Violin/Viola** — Mildred Kline (624-9541).

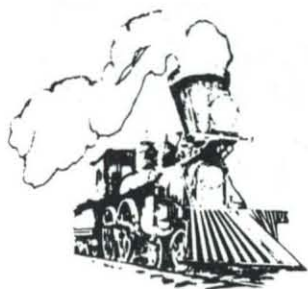
### TUTORING

**Tutor** — Irene Pollard (624-9137).

**Tutor** — Pearl Louie Toy (646-1968).

**\*\*NEW TUTOR\*\*** — Pat Kanewski (372-3852); Will tutor any subject on the secondary level (grades 6-12). Contact instructor to make arrangements for time and place.

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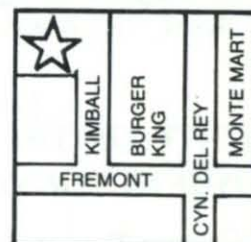
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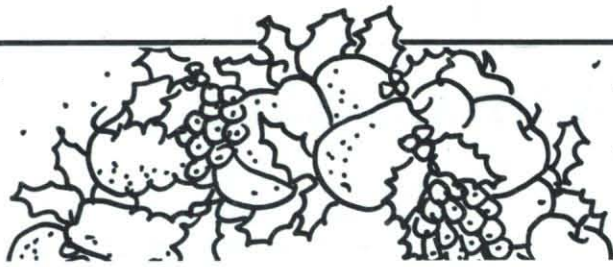
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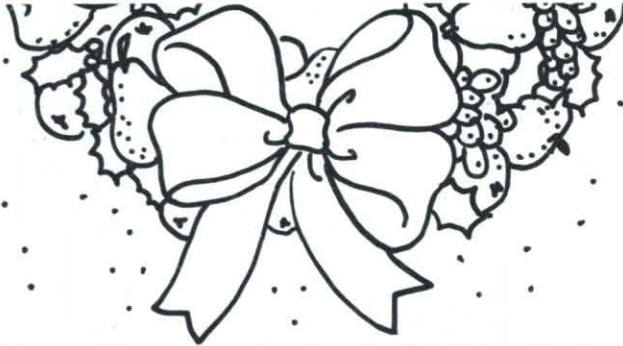
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## Christmas in the Adobes

Tour of Larkin House



Christmas is right around the corner and one fun way to get into the spirit of the holidays is to take a tour of the Larkin House during the annual Christmas in the Adobes to be held on Thursday, December 12 and Saturday, December 14 from 5 - 9 p.m. OSSC volunteers will be on hand to guide you through this beautiful candle-lit home decorated in Williamsburg style for the holidays. Entertainment will be provided

by a local flutist and the traditional Larkin House Christmas punch will be served.

The Larkin House is located at 510 Calle Principal. This beautiful historic home was built in 1834 by Thomas Oliver Larkin, a Yankee merchant who was enormously successful in trade and politics in Old Monterey. Combining Spanish Colonial and New England architectural features, the Larkin House became the prototype of a

style later known as the Monterey Colonial. One of the first two-storied adobes in California, the Larkin House served as a general merchandise business on the lower level with the living quarters on the second floor.

Most of the antique furnishings in the Larkin House, as well as the house itself, were donated to the State of California as an historic monument in 1857 by Mrs. Alice Toulmin, the granddaughter of Thomas Larkin. The Larkin House is now a unit of the Monterey State Historic Park.


The Larkin House is one of approximately 18 houses open to the public during Christmas in the Adobes. Tickets are \$7 for adults and \$1 for children ages 6 to 17 when accompanied by an adult. This event is sponsored by the Old Monterey Preservation Society. For ticket information, telephone 649-7111. Tickets may also be purchased the night of the event at any one of the houses.

If you are a member of OSSC and would like to volunteer yourself and/or your spouse to help host the Larkin House on December 12 or 14, please contact Susan Miller at 375-0439. It's a fun way to meet new people and learn more about the history of Monterey and will require only a few hours of your time.

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## Family Service Center Volunteer of the Quarter

1 October — 31 December 1991

The Family Service Center (FSC) is privileged to have a core of hard-working individuals involved in its Volunteer Program. Each quarter the FSC staff and volunteers make an effort to honor one very special person whose accomplishments and contributions to the Volunteer Program have been exemplary. According to the FSC staff, each of our volunteers deserves to be the Volunteer of Every Month. Choosing one person from among so many committed people is never easy, however, special recognition is deserved. The **Volunteer of the Quarter** exemplifies all the traits and attributes that serve as a model to others in the program. You don't have to have more hours or better typing skills to be appreciated. What you do need is the desire to contribute in some way to assist the military families that use our services whether

they are active duty, family members or retirees and their families.

The Volunteer of the Quarter for October through December 1991 is **Lieutenant Commander Paul Northrup, USN, (Ret)**. Paul contributes his time and talents as the Command Retired Affairs Director for the Naval Postgraduate School. Paul has been a volunteer working with retirees for the past four years and was assigned as an official representative of the Retired Affairs Office on 10 April 1991 by Rear Admiral West. Paul is a special, dedicated person who plays an important role in assisting Navy and Marine Corps retirees, widows and widowers living in the Monterey Peninsula area. He has a significant role in ensuring the well-being of those he serves and is a tremendous asset to the retirement community. Paul approaches his responsi-

bilities with interest, enthusiasm and dedication. It is with great pleasure that we honor Paul as our Volunteer of the Quarter.

The Family Service Center (FSC) has many wonderful, talented people who contribute their time in various organizations both here at the Naval Postgraduate School, and in the local community. **Some** of the agencies that benefit from our volunteer program are the Monterey County Free Libraries Literacy Program, American Red Cross, Navy Exchange "Giving Tree," Retired Senior Volunteer Program (RSVP), Monterey Bay Aquarium, Muscular Dystrophy Association, Salinas Air Show and FSC itself.

If you would like to learn more about the Volunteer Program, call Rose Anna D'Auria at 646-3141 for more information.

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## U.S. Naval Institute to Sponsor Leadership Essay Contest



Throughout the Gulf War, the world watched as our nation's armed forces swiftly led the Coalition to victory. The need to make quick decisions under pressure—at all levels—demonstrated once again the importance of strong leadership skills.

In an effort to promote research and writing on the topic of leadership, the U.S. Naval Institute and the Vincent Astor Foundation are sponsoring their eighteenth annual leadership essay contest for junior officers and officer trainees of the U.S. Navy, Marine Corps, and Coast Guard.

The Naval Institute will award cash prizes to the authors of the winning essays, on the topic of leadership in the U.S. Navy, Marine Corps, or Coast Guard. Entries must be postmarked by 15 February 1992 and must not exceed 4,000 words.

The First Prize winner will receive \$1,500, a Naval Institute Gold Medal, and a Life Membership in the Naval Institute. The First Honorable Mention winner will receive \$1,000 and a Silver Medal. The Institute will also award two Second Honorable Mention prizes of \$500 and a bronze medal.

For a complete list of contest rules, write to the U.S. Naval Institute Membership Department, 118 Maryland Avenue, Annapolis, Maryland 21402-5035, or call (800) 233-USNI.

The U.S. Naval Institute, headquartered in Annapolis, MD, is a professional society for the sea services, and is an independent, self-supporting, non-profit organization. It is not part of the government.



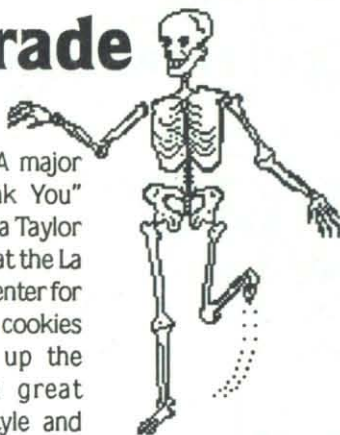
# Halloween Parade

by Terry McKeon

Yes, I know the Halloween Parade has long since passed, but this is the first opportunity I've had to say "Thank You" to all the people who came and made the parade a success and to my fellow committee members who helped make the parade a reality: Paula Richstein, Liz Knudson and Faye White. I would also like to recognize the local merchants whose donations were so greatly appreciated. Heidi Perez of the McDonalds Corporation was extremely generous with punch, McBoo Buckets and some great Halloween bag stuffers. Ken Owen and Russell San Nicholas of Taco Bell were responsible for our GREAT Trick or Treat bags and free french fry certificates! I would like to extend my thanks to the NPS and Monterey Police Departments for their participation as well as to Officer McGruff, the Crime Dog, for helping us take a safe bite out of Halloween, and to the NPS Fire Department for leading our parade with their fire engine. The children really seemed

to enjoy it. A major league "Thank You" goes to Glenda Taylor and her staff at the La Mesa Youth Center for supplying the cookies and serving up the punch with great Halloween style and enthusiasm.

Some Post Parade Facts: this year's parade was held the Sunday before Halloween. We passed out 625 goodie bags to our local ghosts and goblins. 51 children, ages 1 to 11 years, entered the draw-a-pumpkin contest and there were prizes given in all age groups. We made about 400 bags of playdough which were given to children 3 years and under. If you have any comments or suggestions which you feel could improve next year's parade, please drop me a line at SMC #2191. I would appreciate hearing from you.



## Dialing for Sitters

Let's face it. This time of year is one of the busiest, aside from moving day, of course. Do you have time to call every teenager you know, only to find out that she has been reserved for six months already on the night of your section's Christmas party?

Or would you like to go on the Adobe Christmas Tours, but can't bear the thought of saying, "DON'T TOUCH THAT!" a hundred times? The La Mesa Babysitting Coop may provide a solution.

We have been in existence in La Mesa for over ten years. Once you join for a minimal \$1.00 fee, you can call the secretary a day in advance of when you need a sitter. She in turn will find another parent to sit for you. Then the sitter will call you to finalize the arrangements. No money is exchanged, only points. You in turn will be asked to sit for another member when it is convenient to your schedule. Isn't it nice to know it will only take one call instead of ten to find a sitter?

Call Cori Lake at 373-7466 if you would like to join or would like more information about the Babysitting Coop.

# "It's perfect for anyone in diapers."

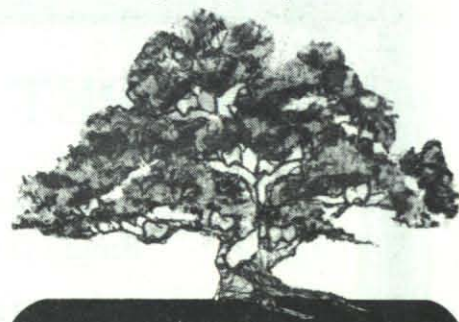
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## Youth Center

by Terry McKeon

Gather 'round, folks! I just discovered La Mesa's great untapped resource: the La Mesa Youth Center! Headed by Glenda Taylor, the Center offers La Mesa youth a place to congregate, to play games, and to participate in group activities. Hidden in a corner of La Mesa across from the old housing office, it is a well-kept secret that needs letting out! The Center offers something of interest for everyone. There is everything from basketball and jump roping to Nintendo!

### Hours:

**Monday and Thursday**  
1130 to 2000  
**Tuesday and Wednesday**  
1130 to 1800  
**Friday**  
1130 to 2100  
**Saturday**  
1700 to 2100

**Fee:**  
**Youth** \$8.00 per month  
**Teens** \$2.00 per month

**Ages:**  
K - High School

The Youth Center is open during all vacation breaks for the benefit of the kids as well as the parents! I found Glenda Taylor and her staff to be very supportive of the children. The staff are masters at getting kids to play as a group and have a genuinely good time. Each month a calendar of events is put on display by the Youth Center for the children. (You can pick one up at the Center.)

I can't stress enough that as an untapped resource, the Center is really the best buy in town. Every time I've stopped by, I've been met with lots of smiles and giggles. If you think your child might be interested in spending a few hours at the Youth Center, please stop in and check it out or contact Glenda Taylor at 646-2127 for information. You'll be glad you did!



## La Mesa Women's Bible Studies



The "Spirit of Christmas" is in the air and you want to reflect on the true meaning of the season but you're just too busy! Then promise yourself that in January you'll join La Mesa Women's Bible Studies (LMWBS) to ease that spiritual ache you may be feeling right now as you wonder where the peace, love, and joy is amidst all your Christmas preparations.

Sponsored by the NPS Command Religious Program, LMWBS provides a variety of non-denominational Bible studies and childcare in La Mesa homes for both Protestant and Catholic women. Teachers are women who are willing to help others discover how Jesus Christ desires to be intimately involved in all areas of our lives.


The winter quarter's studies begin on Thursday, January 23 and will run for eight weeks. Childcare drop-off begins at 9:30 a.m. and the studies run from 9:45 to 11:15 a.m. Children are to be picked up by 11:30 a.m. Infant and toddler care is assigned to selected La Mesa homes, but all children over age three participate in their own "Good News Club" and learn their Bible stories and songs. Childcare workers are paid positions and we are always looking for people who can minister others by caring for their children.

Flyers detailing Bible study offerings, teachers, and locations will be distributed to all La Mesa homes the first week of January. The flyers will also be available at the Chaplain's office and the Housing office for those who do not live in La Mesa. The bottom portion of the flyer serves as your registration form for yourself and your children, so don't throw it out! Follow through on this month's spiritual longing and join the growing group of women involved in LMWBS. If you have any questions, please call Joanne Nelson at 372-4080.

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For more information, please contact Nurse Recruiting, Salinas Valley Memorial Hospital, 450 E. Romie Lane, Salinas, CA 93901. Or you may call (408)757-4333 ext. 575. EOE



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# Toastmasters: Helping to Conquer People's Greatest Fear

Most people would rather die than give a speech, according to a survey reported in *The Book of Lists*. In this survey, fear of public speaking outranked the fear of death by a two-to-one margin!

Unrealistic as this may seem, the fact remains that while many people lack the training and stamina to effectively deliver a clear thought, today's fast-paced, technological world is in desperate need of good communicators and leaders.

Toastmasters International, a nonprofit educational organization, has been working for more than 75 years to provide for this need and help people conquer their pre-speech jitters. From one club started at the YMCA in Santa Ana, California, Toastmasters has grown to become the world's largest organization devoted to developing people's public and interpersonal communication skills.

Since that first club was organized by Dr. Ralph C. Smedley in October 1924, nearly three million men and women have enjoyed the benefits available through Toastmasters membership. More than 175,000 members in 7,000 Toastmasters clubs currently exist in 53 countries.

A Toastmasters club is a "learn-by-doing" workshop in which men and women hone their skills in an atmosphere of fellowship and enjoyment. A typical club has 20 to 40 members, who meet weekly or biweekly to learn and practice public speaking techniques. The average club meeting lasts about 1 1/2 hours.

There is no instructor in a Toastmasters club. Instead, the members evaluate one another's oral presentations. This evaluation process is an integral component of the overall educational program.

Besides taking turns delivering speeches and evaluating those of other members, Toastmasters has the opportunity to give impromptu talks, develop listening skills, conduct meetings, learn parliamentary procedure, and gain leadership experience by serving as club officers.

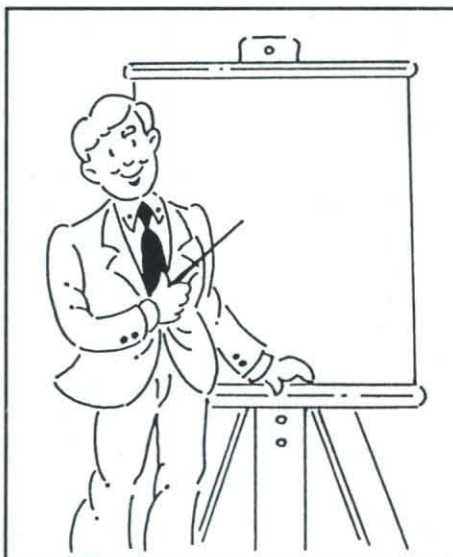
The effectiveness of this simple learning formula is evidenced by the fact that thousands of corporations sponsor their own Toastmasters clubs. These in-house clubs serve as communication training workshops for employees. Every year, more and more business and government organizations are discovering that Toastmasters is the most effective, cost-efficient means of satisfying their communication training needs. Toastmasters clubs can also be found in the United States Senate and House of Representatives.

Upon joining a Toastmasters club, members progress through a series of ten speaking assignments, which are designed to instill a basic foundation in public speaking.

Members can then select from among twelve advanced programs that are geared to specific career needs. They are: *Public Relations, Specialty Speeches, The Entertaining*

*Speaker, Speaking to Inform, The Discussion Leader, Speeches by Management, The Professional Speaker, The Professional Salesperson, Technical Presentations, Communicating on Television, Storytelling and Interpretive Reading.*

For more information and club meeting times, please contact Stephanie Tharpe at 375-2780.



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# Shipping It Safely: Guidelines and Deadlines

by Ivy Kilby

On the night before Christmas, don't be caught standing in line at the post office waiting to mail those last minute gifts for Aunt Minnie in New York and Cousin Calvin in Florida. Get started today before the holiday rush. . .

Oh, you better not shout, you better not pout, you better not cry, I'm telling you why. Here are a few holiday mailing suggestions from two Monterey area mailing experts. NPGS' U.S. postal clerk-in-charge, Bob Gruber, offered a few suggestions on packing items, deadlines, and ways to save some pennies when mailing gifts during this Ule time.

When packing items inside boxes, be sure to separate and wrap each gift securely. Gruber says that many break-ages occur because wrapped items are not secured within their container. One example would be when wrapping a picture frame. If the glass breaks, there is a good chance the photograph will be cut or scraped. Wrapping is always important. When taping up boxes and large envelopes, avoid masking tape. Only use pressure sensitive tape. Gruber recommended using filament tape. When mailing items in value of \$600.00 or more, the U.S. Postal Service requires insurance and the use of moisture sensitive tape. This insures a sealed package upon arrival to the post office.

Concerning holiday mailing deadlines, Gruber recommended that the day after Thanksgiving would be the ideal time to begin mailing cards and packages. Packages destined for Europe should have been mailed by the first part of November, and any surface/air packages

for overseas should have been mailed out by Thanksgiving.

If light holiday mailing is more your style, try sending out postcards this year. Regular sized postcards get the same message across and are very economical. However, the larger the postcard the higher the mailing price. Postcards go up in price .50 cents after the first half ounce. Most large postcards will cost .90 cents.

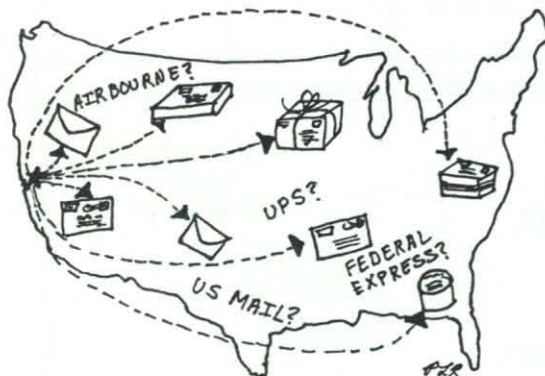
One of the most important things to remember about packing holiday gifts for shipping is that it takes time to do it correctly and safely. If knowing that Aunt Minnie's crystal vase arrived unscathed because it was packed by a professional, then that little bit extra would have been worthwhile.

That little bit extra is exactly what Mail Boxes ETC.'s Nancy Vera works for. "The only thing we will not do is your shopping," jokes Vera. Mail Boxes ETC. is a faxing, packing, shipping and

more store. "It costs a little more, but the service our customers receive makes it worth it," she says. Vera attributes her employees' professional packing to the fact that they haven't had a claim on a shipment in two years.

Plus, Vera has great incentives for her customers. If you are a frequent shipper, you can work on a Frequent Shipper Card and earn five free pounds for free. For those of you who ship to the east coast, that would be a savings of around \$8.11.

So bring out the Santa in yourself and show your loved ones how much you think about them during the holidays. Mail your gifts safely and on time.



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## Hawaii Dreaming



If you are planning a getaway trip to Hawaii this winter, be prepared to have a wonderful time. The crowds of summer will have departed Hawaii. No matter which island you choose to visit, you should have plenty of privacy, balmy weather, and beautiful surroundings. (Take your umbrella, December is a fairly rainy month.)

Oahu is the most popular island among visitors to Hawaii. And after you have been to the usual stops such as Hanauma Bay, Diamond Head, and the Arizona War Memorial, you may be ready for a taste of the real Hawaii. The Office of Community Services at Kapiolani Community College offers a series of walking tours of Honolulu. The tours are grouped under subjects such as "Legends, Tales and Storytelling," "Ethnic Communities of Honolulu" and "Historical Tours."

Under "Legends, Tales and Storytelling," there are tours such as "Ghosts of Old Honolulu" which appropriately enough is conducted at night. Experience the ghosts, night marchers, fireballs, and other mystical events that are part of the Hawaiian heritage. "Ethnic Communities of Honolulu" features "Mysteries of Moli'iili" among other tours. "Mysteries" takes visitors to ancient ponds, underground caverns, and to the fascinating neighborhood of Moli'iili. "Historical Tours" feature walks to Honolulu's famous cemeteries, Waikiki, and Thomas Square.

The tours cost \$5.00 for adults and \$2.00 for children. Contact the Office of Community Services by mail at Kapiolani Community College, 4303 Diamond Head Rd., Honolulu, HI 96816 or by phone at 808-734-9245.



# All I Want for Christmas Is... A Holiday Escape

by Leigh Gardener

It is the time of year again for bright twinkling lights, fragrant greenery, and, if you are a student family at the Naval Postgraduate School, it is time to get out those maps and plan a joyous holiday break.

I have two suggestions for holiday escapes.

My first suggestion for a complete change of

pace is the Marines' Memorial Club in San Francisco.

The Marines' Memorial Club is a luxury hotel without the

luxury price-tag.

This hotel is located in the heart of San Francisco, a short walk (uphill) from Union Square, with membership available only to active duty and retired military.

They do allow active duty and retired non-members to stay at the hotel as guests of the club and accord them most, if not all, of the privileges of their regular members. Treat your family to a first class visit to San Francisco, but make your reservations as early as possible as they are often reserved far in advance. While you are there, you

may also want to pop into Sears for breakfast. This small restaurant specializes in breakfasts and is very popular with the locals. Sears is located right around the corner from the Marines' Memorial Club.

For some time in the sun, my second suggestion is a visit to the Apple Farm Hotel and Restaurant in San Luis Obispo. If you are one of those "east-coasters" who gaze longingly toward the eastern horizon at sunset, this

is the place for you. Even if you do not care to stay overnight in one of their elegant rooms with canopy beds and fireplaces (tours are available), you will love the country charm and atmosphere of the restaurant and gift shops. The gift shops are full of country decorating items and the restaurant is a terrific place to take the children. Other

things to do on short day trips in the San Luis Obispo (SLO) area include visits to SLO itself and the

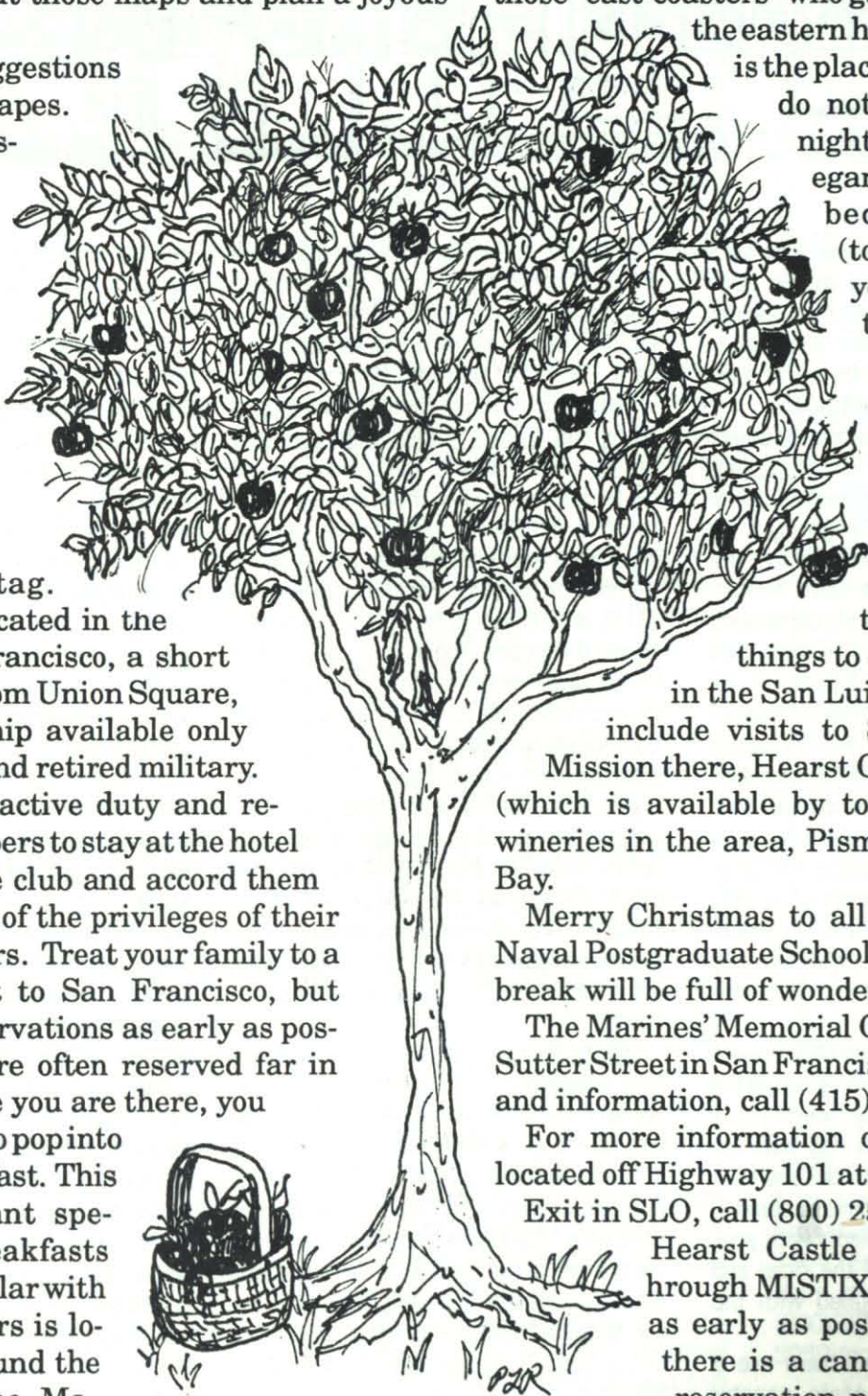
Mission there, Hearst Castle in San Simeon (which is available by tour only), the many wineries in the area, Pismo Beach and Morro Bay.

Merry Christmas to all the families at the Naval Postgraduate School! I hope your holiday break will be full of wonderful surprises!

The Marines' Memorial Club is located at 609 Sutter Street in San Francisco. For reservations and information, call (415) 673-6672.

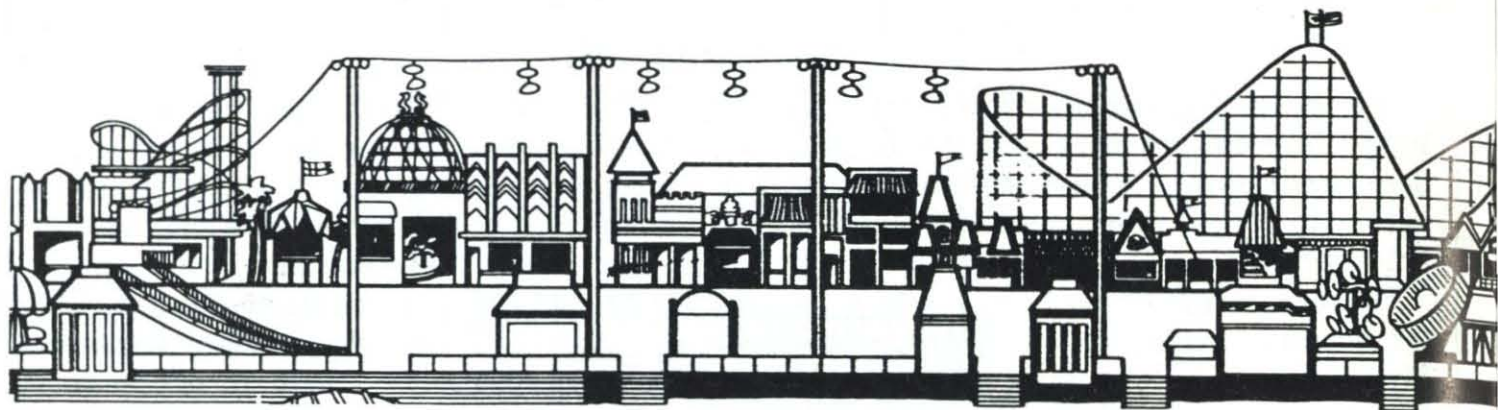
For more information on the Apple Farm, located off Highway 101 at the Monterey Street Exit in SLO, call (800) 255-2040.

Hearst Castle tours are available through MISTIX and should be made as early as possible, but be aware, there is a cancellation fee. Their reservation number is (800) 444-7275.





# Southern California Excitement: Amusement Parks



by Kellie Wallace

Southern California is host to a wide variety of amusement and theme parks perhaps more than any other metropolitan area in the world. If you want your kids to have a wonderful vacation, try any of these parks during the Christmas break.

Of course, the best known of Southern California's amusement parks is Disneyland in Anaheim. Thirty minutes east of downtown Los Angeles (just off Highway 5 but there are no signs), Disneyland offers free one day passes to active duty military members until January. Military dependents can get discounted passes which are \$24 for adults and \$20 for children. These passes can be obtained in advance from ITT at Ft. Ord. There are also two-day passes available at ITT and the NPS recreation Office. There is a great deal to do and see at Disneyland. In fact, if you truly want to see everything, then a two-day pass is advisable. Especially since you can expect some long lines for rides during the holiday season. But while you're waiting, you can also expect to see The Very Merry Christmas Parade.

Don't hesitate to take your little ones to Disneyland even if they cannot go on all the rides. The park has a "Baby Swap" policy which allows one parent to stay with the child while the other parent rides and then swaps places. You will not have to stand in line again after you swap places with your spouse. However, most of the rides and other attractions are designed with the entire family in mind.

As for accommodations, there are a wide assortment of hotels nearby

Disneyland. ITT at Ft. Ord has a list of toll free numbers for hotels that offer military discounts. The Disneyland Hotel (which is located nearby) has monorail service to the park. Call (714) 956-MICKEY for details.

Also in the Disney family is the Queen Mary and Spruce Goose Entertainment Center in Long Beach. The Queen Mary is the largest luxury liner afloat and has much to offer its visitors. For a truly unique experience, stay on the Queen Mary (there is a hotel on the ship). For reservations, call (213) 432-6964. The Spruce Goose is Howard Hughes' legendary plane—the largest one ever built. The Spruce Goose is located right next to the Queen Mary and both together provide a full day's worth of entertainment. A special tour called "Ghosts, Myths, and Legends" encourages guests to explore the world of strange phenomena surrounding the ship. ITT at Ft. Ord has discount tickets for \$15 (adults) and \$8.50 (children). For alternate accommodations, call the Navy Lodge which is located nearby at the Long Beach Naval Station on Terminal Island.

Knotts Berry Farm is a Busch Gardens-type amusement park which is located in Buena Park. It is open in winter from 10 a.m. to 6 p.m. weekdays, from 10 a.m. to 10 p.m. Saturdays, and from 10 a.m. to 7 p.m. on Sundays. The park has five theme areas with 165 rides, shows, and adventures for the whole family. The NPS Recreation Office can provide you with discount tickets, adults \$16.50 and children \$9.95.

Six Flags Magic Mountain is located to the north of Los Angeles. It is only open

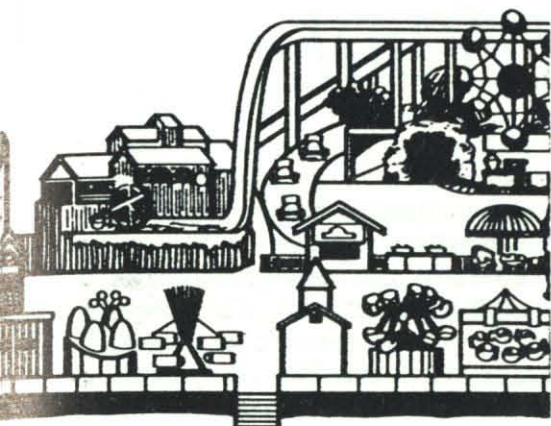
during weekends in the winter (from 10 am). This park boasts of having the world's largest looping roller coaster. Magic Mountain has rides, shows and much more. ITT at Ft. Ord has discount tickets for \$18.50 adults and \$13.00 children.

If the world of motion picture production interests you, then Universal Studios in Hollywood is for you. Don't expect to see any real behind-the-scenes filming though, unless you opt to take two hours out to be in the studio audience of a television show. Be aware that children under three are generally not admitted to these tapings. Contrary to the park brochure, no stars are "wandering about" either, unless there is a special event such as "The Circus of the Stars." You will, however, be treated to many fantastic stunt, animal, kiddie, and adventure shows on the upper level of the park. Four giant escalators bring you to the lower level and the behind-the-scenes tram ride. This is probably the most interesting part of the park offering peeks at many outdoor movie sets, props, trivia, and thrills (a pseudo-earthquake, Jaws, and King Kong to name a few). The lower level also has Disney-type rides such as the E.T. Adventure. Baby swaps are offered here also. Don't miss the interesting "Cinemagic" show on special effects in the movies.

Additionally, there is the opportunity to acquire free tickets to television show tapings for use that night or the next day. Once again, small children are not permitted (so bring a babysitter!).

ITT at Ft. Ord has discount tickets of \$16.00 adults and \$12.00 children. Active





duty military members can enter the park without charge. Just show your military ID at the gate. The park's hours are 9 a.m. to 6:30 p.m. during winter.

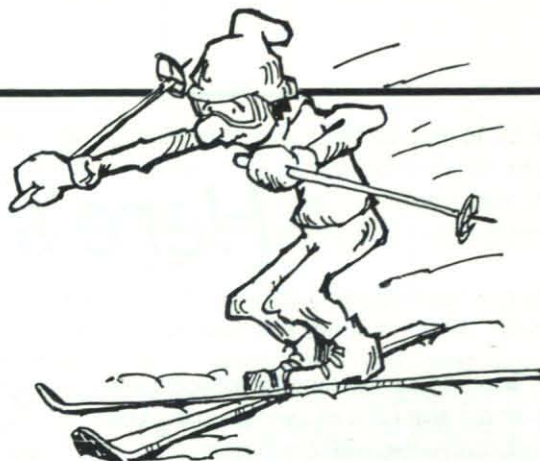
For a different kind of entertainment experience, try Sea World in San Diego. This park offers a wide variety of marine life shows and exhibits. See Shamu and Baby Shamu perform their tricks. Watch the new seal "comedy" show, "Pirates of Pinniped." The park is open from 9 a.m. to dusk. Discount tickets are available at the NPS Recreation Office for \$17.50 adults and \$13.00 children.

Most of the parks mentioned here have strollers and wheelchairs for rent. Remember to ask about these rentals when you enter the park.

Ft. Ord's ITT office has brochures on all these attractions as well as tickets and maps. Call ITT office at 242-3092 for further information. The NPS Recreation office is open from 8 a.m. to 5 p.m. and also has brochures on these amusement parks. Call 646-2466 for details.

Southern California is approximately within seven hours driving distance of the Monterey Peninsula. These amusement parks are well worth the trip. And there are other places of interest to visit in Los Angeles and San Diego such as the Wild Animal Park, Balboa Park, and Old Town in San Diego and the George C. Page Museum of La Brea Discoveries (La Brea Tar Pits), and Griffith Park in Los Angeles. So take your kids and yourselves off to a wonderful holiday break!

## To Ski or Not To Ski



Are you the type of person who has to see snow before you'll believe it's Christmas? Or are you just pining for a snowy winter day? Well, you are in luck. The Monterey Peninsula is located within a few hours driving distance of some of the best ski resorts in the West. If you have not already planned for a vacation, try a weekend trip to the Lake Tahoe area. Whether you are a beginning skier or an experienced one, you will be able to experience the natural beauty of the Sierras. And if early indications for a wet winter are true, then snow conditions should be good at most resorts.

Alpine Meadows is probably Lake Tahoe's largest ski resort and is located to the west of Lake Tahoe. Weekend lift prices are \$38 for adults and \$13 for children. The resort offers beginner's lessons and children's programs. Ask about the Family Pak discount package. Check Tahoe City for accommodations. Phone: (916) 583-4232.

Boreal ski resort is located conveniently near Hwy I-80. Weekend lift prices are \$29 for adults and \$14 for children. Beginner's lessons and children's programs are available. Check Soda Springs, Donner Lake and Truckee for accommodations. Phone: (916) 426-3666.

Diamond Peak at Ski Incline is located to the east of Lake Tahoe. Gambling is available at the resort. Weekend lift prices are \$33 for adults and \$14 for children. Children's programs are available. Phone: (702) 832-1177.

Donner Ski Ranch is located to the north west of Lake Tahoe. Weekend lift prices are \$20 for adults and \$10

for children. Check Soda Springs for accommodations. Phone: (916) 426-3635.

Granlibakken ski resort is located to the west of Lake Tahoe below Tahoe City. Weekend lift prices are \$12 for adults and \$6 for children. Phone: (916) 583-4242.

Heavenly Valley is located to the south of Lake Tahoe. Weekend lift prices are \$38 for adults and \$17 for children. Children's programs are available. Check South Lake Tahoe (city) for accommodations. Phone: (916) 541-1330.

Badger Pass is located in the Yosemite National Park. Weekend lift prices are \$25 for adults and \$11.75 for children. The resort offers beginner's lessons, children's programs, and child care. Lodging is available without difficulty in the Yosemite Valley. Resort phone: (209) 372-1330. Yosemite Valley accommodations, phone: (209) 454-2000.

Mammoth ski resort is located to the east of Yosemite National Park. Weekend lift prices are \$35 for adults and \$17 for children. The resort offers beginner's lessons and child care. Phone: (619) 934-2571. For accommodations, contact the Mammoth Lakes Resort Association at (800) 228-4947.

For information on skiing conditions, call the California State Automobile Association ski line at (415) 864-6440. For details on road conditions, call the California Highway Information Network at (408) 436-1404. For referrals on accommodations in the Lake Tahoe area, call (800) 288-2463 (south) or (800) 822-5959 (north).



## COMPUTERS & YOU

# Here's Looking at You!

by John Daley

Selecting the best monitor for your computer can seem like an overwhelming task when confronted with the dizzying array of monitors currently available on the market.

Not only will you have a choice between color and monochrome for most computers, but also variations in size, refresh rate, WYSIWYG and/or non-WYSIWYG, dpi and brightness. What's it all mean, and how much should you pay?

The first thing to consider (as with most purchases) is how much you are willing to pay. You can, if you really want to, pay over \$10,000 for a computer monitor. You can also pay \$150. In most cases, you shouldn't pay either of these extreme prices, so place a reasonable upper bound on your price.

If most of your work is with text, consider a monochrome monitor. Since these monitors only have to choose between black and white when rendering each pixel (pixel is an abbreviation of picture element, which means a dot on your screen), these tend to be the most affordable monitors.

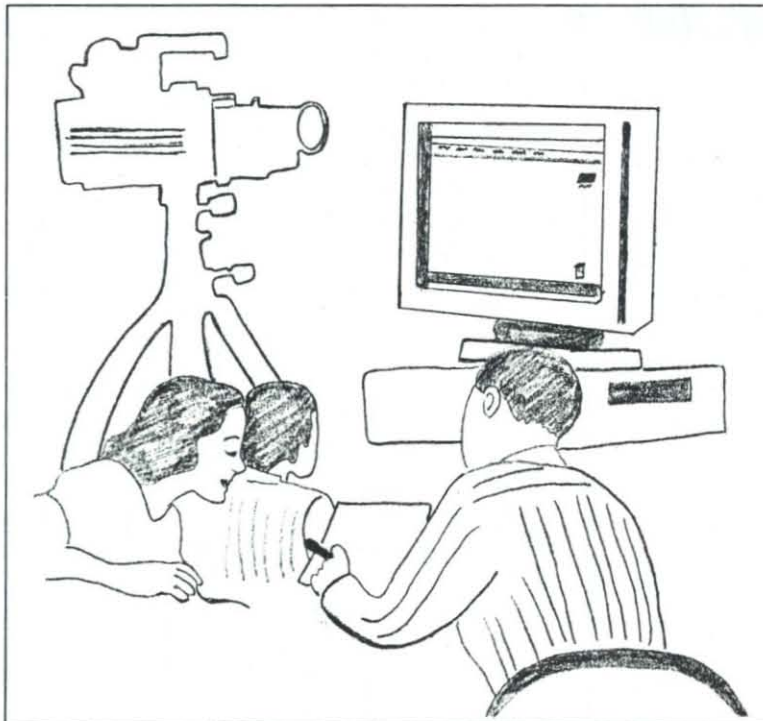
Next you should consider whether you need a WYSIWYG (pronounced "Whiz-zee-wig") monitor which means "What You See Is What You Get". What this literally means is that if you select, for example, 18-point italic bold text,

***like this***

then you will see exactly that on your computer screen. On non-WYSIWYG monitors, or applications that do not support WYSIWYG, you either see plain text regardless of the selected style, or some cryptic control characters that are supposed to tell you, "Imagine this text is really 18-point italic bold." This also prevents you from seeing where any given sentence breaks,

accurately viewing paragraph structure, etc.

To find out if a monitor is WYSIWYG may actually be non-trivial. All Macintosh Classic computers (the traditional compact



case with the small 9" monitors) are WYSIWYG (in fact, the Macintosh pioneered the concept). Many of the monitors you can buy for both Macs and PC's are not, however. For example, many 16" and 19" monitors let you see two full pages of information on your screen at once, and to do this they must compress the page image on the monitor. So you will see the correct styles as illustrated above, but the text will be smaller than actual size. To find out for sure, check with the manufacturer or, if he or she is knowledgeable, ask the vendor.

The dpi, or "dots per inch" rating of the monitor refers to the compression of the image. For example, 72 dpi is equivalent to WYSIWYG on Macintosh monitors, but some of the larger displays offer 78 dpi or higher to allow you to see more of the document.

A few displays even offer switchable resolutions through software, which gives you a WYSIWYG or non-WYSIWYG choice, a great option but pricey. (For typing your thesis or doing any desk-top publishing, like newsletters or fliers, WYSIWYG is almost essential.)

If your needs include true gray-scale (shades of gray) rendering or color, then you need to look a bit further, and plan to spend a bit more. For example, an average 14" color monitor goes for around \$500 - \$600, but you can get a very good monochrome monitor for around \$250, but color or gray-scale do provide some advantages.

Gray-scale is important if you do high-end DTP (desktop publishing), or if you use a scanner to read high-quality original documents. Many scanners are used primarily for text input and recognition, or OCR for Optical Character Recognition; these scanners

only need monochrome capability. However, if you want to scan in photographs, or other high-quality graphics, a scanner and monitor that are both capable of gray-scale rendering is what you need.

Color not only provides the ability to view color objects in their natural rendering, but also provides some attractive interface options. Such small things as a color desktop, color highlighting and labeling, and color icons can make working long hours with your computer a lot easier. Additionally, games and educational programs that support color are much more effective, as are the array of inexpensive color screen savers, such as Berkeley Systems' After Dark (available for both Macs and PC's), which has a tropical aquarium, flying toasters, and even a space alien game



built in to its screen saving functions.

To render images in color, the display system of your computer has to decide which of many colors to render. The bit depth of your system will determine how many colors can be rendered. If your bit depth is 4, for example, your system is using a four-binary-bit word to describe the color. This means your system can choose among  $2^4$ , or 16 colors. Similarly, 8-bit systems (a common standard) can select among 256 colors, and 24-bit systems (which give photographic-quality color rendering) can choose among 16.7 million.

The display imaging functions are usually performed by a video card, especially in the case of the larger monitors. However, many computers have this capability built in to the motherboard. For example, the new Macintosh Quadra computers have between 512K (half a megabyte) and 2 megabytes of video ram or VRAM. This memory is reserved for use by the display subsystem. With 1 MB of VRAM installed, the Quadras can perform 8-bit or better imaging on monitors up to 21" in size. The lower cost

Macintosh LC also has VRAM options, and the IIsi and IICI models support built-in 8-bit color for up to 14" monitors.

Like all hardware purchases, make sure to consider service after the sale. If you have to send in your monitor for service to a mail-order facility, your computer system will be out of service for quite some time, and you may be liable for shipping both ways. A local authorized service dealer can end up saving you a lot of money.

Likewise, when you price the various monitors, consider the full price, including the cost of the video card (if required), sales tax (if applicable), shipping, handling, and the cable that connects the monitor to your computer.

The final test of evaluating a monitor is to spend some time working with it. If it has a noticeable flicker, then the refresh rate (the number of times per second that the display updates) may be insufficient. In my experience, a monitor that has a refresh rate of lower than around 72 Hz (which means the screen is refreshed 72 times per second) has noticeable flicker, so you want

a monitor with a refresh rate of 72 Hz or higher. (The 60 Hz monitors are unbearable!) In any case, when you look at the monitor, make sure the flicker is acceptably unnoticeable.

The final test of any monitor is to look at small text and check its clarity. Most any color monitor will look good with fish swimming around in an aquarium, but only the best will look good and sharp when you're looking at 9-point Times text in a document. If it looks blurry, look for a better monitor.

There are a lot of opportunities to save money when purchasing a computer, but scrimping on a monitor is not a wise choice. Since it's the window to your computer, get one you like and can live with (even late at night when you're tired!). A good monitor will help you get the most out of your personal computer. Happy monitor shopping!

John Daley (Official NPS MacDiggitt) is the Chairman of the NPS Macintosh User Group.

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## A Cut Above The Rest

by Leigh Gardener



Christmas is well on the way. In previous years, I would join the crowd at the Navy Exchange to look for a Christmas tree. Last year, however, we did what we said we would do for the past ten years: cut our own tree fresh from the farm.

While scouring the country roads around Salinas last year in search of antiques and fresh vegetables, I stumbled across a Christmas tree farm full of beautiful Monterey pines. After introducing myself to the owner of The River Road Tree Farm, Mrs. Peggy Bardin, I found out that it takes from four to five years to carefully trim and shape their aromatic conifers into perfect Christmas trees. The most distinguishing feature of the Monterey pine is its long (about four inches) needles. The trees have thick, full branches and range in size from 5 to 15 feet.

Mrs. Bardin went on to tell me that she opens her tree farm the day after Thanksgiving. Every year she drags her little white trailer down to the road and waits for the tree hunters to arrive. Each visitor is loaned a saw and invited to choose any tree they desire on Mrs. Bardin's expansive tree farm. Many times, visitors have reported sighting wild deer on the property. The trees are priced reasonably at \$30 per tree. (The price is the same for any tree.) But don't go to The River Road Tree Farm in search of Canadian Balsams or Blue Spruce. Mrs. Bardin only sells Monterey Pines.

To visit The River Road Tree Farm, take Hwy 68 towards Salinas and exit at River Road. Drive south on River Road for about six miles. The farm will appear on your right. Make your holiday memories more precious and work off those extra pounds from Thanksgiving: cut your own Christmas tree at The River Road Tree Farm.



# Tender Loving Care for Christmas Trees

The basic rule of thumb when purchasing a Christmas tree is to buy a fresh tree and to keep it fresh. There are two simple tests for freshness.

First, check the condition of the needles by placing a needle between your thumb and forefinger. Press your fingers together. When pressed gently, the needle from a fresh tree should bend rather than break.

The second test for freshness is to lift the tree a few inches off the ground and then drop it on the stump end. If outside green needles fall off in abundance, the tree may not be fresh. Remember though that pine trees shed their needles every fall and sometimes needles lodge among the branches. This is a normal process and not the sign of an old or dry tree.

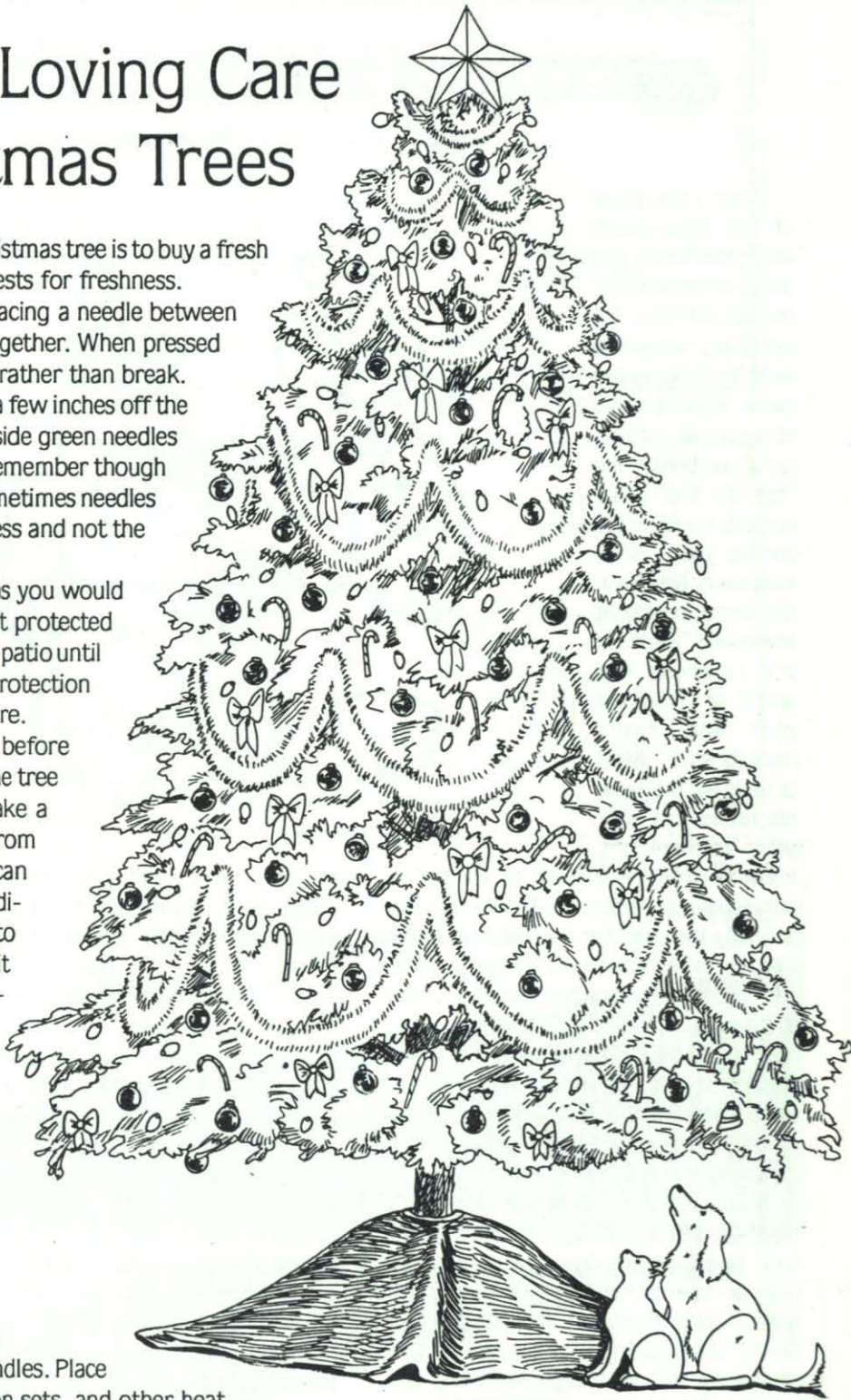
Once the tree is home, care for it as carefully as you would care for cut flowers. Keep the tree outdoors (but protected from the wind and sun) or on an unheated porch or patio until you are ready to decorate. An area that provides protection from the wind will help the tree retain its moisture.

If you've purchased your tree a week or more before you decorate, then it's best to keep the trunk of the tree in water. Any large container will do. Simply make a fresh, straight cut across the trunk about an inch from the original cut. This opens the tree stem so that it can take up water. Then plunge the trunk end immediately into fresh water. If you allow the water level to drop below the fresh cut, a seal will form (just as it does on cut flowers) and a new cut will be necessary.

Branches trimmed from the bottom of your new tree provide boughs for centerpieces and decorations and add a delightful fragrance to your home. If possible, bring the tree into a partially heated area (such as the basement or porch) the night before decorating. This will help it adjust gradually to the warmer temperatures in your home.

Avoid use of combustible decorations. Check all electric lights and connections. Do not use lights with frayed or worn cords and never use lighted candles. Place the tree away from fireplaces, radiators, television sets, and other heat sources. These elements will prematurely dry out the tree. And be sure to unplug the tree lights before retiring at night and any time you leave home. Sensible precautions such as these ensure a safe and happy holiday.

Trees are thirsty creatures. They may drink from two pints to a gallon of water per day, so make sure to check daily and supply fresh water as needed. A tree stand which holds at least one gallon of water is recommended.



These tree care tips are courtesy of Lemos Christmas Tree Farm in Half Moon Bay.



# RESERVATIONS ON RESOLUTIONS

by Laura Mendrzycki

What is the appeal of the New Year? After the hustle and bustle of the holidays, one would think the last thing we would want to do is assign more commitments to ourselves, making certain we behave and "toe the line" more conscientiously in the coming year. However, every New Year, the same questions are asked: "What are you resolving this year?" or "What are your New Year's resolutions?" Most of us make the same resolutions year after year—to lose weight,

to quit smoking or drinking, to not "fib" on our income tax returns, or believe that this is finally the year for our beloved sports team to make the Series. Usually by March, our willpower has crashed and burned and there we are munching Cheetos, guzzling beer, eagerly listening to the news on the season's rookies, while stuffing every receipt imaginable into that shoebox we have set aside for our accountant. Tsk, tsk, tsk. . . what a sorry sight!

The best way to keep your New Year's resolutions from fading into Never-Never Land by St. Patty's Day is to keep them realistic, specific, and by all means, set a date to make it happen! (You'll see what I mean. . . keep reading!) For instance, instead of vowing to lose weight, which is too general, resolve to lose ten pounds. If your promise is to spend more time with the family, recruit and train them as scorekeepers and statistic junkies and have them watch those Monday night games with you!

Many people think New Year's resolutions are a waste of time. "Why should I wait to make a change?" they ask. "If I want to change something in my life, I'll change it



then and there, right when I'm thinking about it!" I myself believed this was a noteworthy thought, and for most people, it really works. The idea of immediate action, "carpe diem," grabbing the gusto—that's what has made America great! I began to imagine the great changes I would make in my life, and the results of those changes. I would organize my time and after becoming more efficient I would have more time for my writing. I would write a great book, instructing the disorganized masses on how to reach out of the clutter of their lives and reclaim their God-given right to tidiness. I would enlighten the most dank and musty-minded of peoples, inspiring a great surge of heretofore unorganized geniuses. With Day Planners and Pocket Organizers neatly filled with typed agendas, they would march on our capital. With their Texas Instrument calculators neatly clipped into their expandable briefcases, they would solve our national debt problem by organizing not the inner workings of Congress, but the inner offices! Yes! Pulling desks and file cabinets away from walls and out of corners to find scattered

pennies and tarnished dimes. When deposited in the FDIC insurance fund, the loose change would bring a surge of confidence to our nation's economy, unheralded since the end of World War III! The stock market would be bullish, consumers would be buying, and banks would be bulging!

Yes! That was it. . . I would be the inspiration! I would write that book! "Okay," I thought, "pen and paper! Paper, paper, where's the paper?" I rum-

maged through drawers, nearly ransacked a dresser. "Okay, okay," I conceded, "I'll use this roll of paper towels. Pen, pen, I need a pen!" There I went, scavenging under beds, searching between cushions. "Oh, I hate this pen! And this other pen keeps skipping!" Well, I certainly couldn't write the Great American Self Help Book without a decent pen. I would have to go out and get one. "Oh, look at that fog! What a surprising change in the weather! I don't want to go out in it. I'll go out tomorrow. I'll just organize it in my mind tonight!" That was it, tonight I would simply "organize it in my mind."

Well, of course, you can guess the end of my dream of organization and increased efficiency. Ah, well, alas—it originated in my mind and in my mind the dream remained. It sat still in a dark corner, nestled in and neighborly with all the other lost ambitions, diets, exercise regimens, and long letters to old friends and former roommates. In their worst moments, they resurrect themselves, flinging guilt relentlessly against my conscience and reminding me of all that might have been had I "seized



the moment," and left nothing to chance. Oh, the guilt that haunted my every waking moment! I believe it all could have been prevented if I had set a deadline by which I had to start that book! I discovered that while "seizing the day" is a great theory, I often find myself wondering "exactly what day is it?"

Some people are immune to this guilt, and will keep on merrily promising and resolving. These folks believe there is always a second chance to make good on their resolutions. Some of these optimists call this second chance "Lent." This time, instead of placing their vows with friends, mothers, and society, they offer them to a Higher Being. This packs much more consequence if there are mess-ups and broken resolutions! Most people, though, postpone committing to their resolutions. They put it off again and again, always planning on another day. These lowly, cowardly types are called procrastinators. I know them. I am one. And all you procrastinators out there know who you are! Do you allow your car to remain on Carmel City streets for longer than the posted hourly allotments? Do you ship your Christmas cards out via Federal Express on December 23rd? For shame! But only you can help yourself! Remember how?

1. Be Specific
2. Be Realistic
3. For Pete's Sake, Start Your Resolutions on New Year's Day, You Loser!

That's why New Year's Day works for me. I know what day it is, and when it occurs! It's my own personal Day of Reckoning. Every day my resolutions are delayed, and I am seized with immeasurable guilt. New Year's Day forces me to set a goal, and to stick by it! You have only a few weeks until that magic moment arrives! What will you resolve? Myself, I've been thinking about that book again. It's all in my mind anyway. . . and I'm certain there's some way to get a pen and some paper by the end of the year!



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## Where No One Has Gone Before

by Seshu Rajan

"Star Trek: The Next Generation" ("STNG") enjoys unprecedented popularity for a syndicated television series. This may be attributed to the fact that "STNG" has been produced under tighter creative control than the original series. (Mr. Roddenberry rewrote the first fifteen episodes of "STNG.") Every writer for the series had a "STNG" bible written by Mr. Roddenberry which outlined inappropriate material. For example, the 1989-90 writer's guide for "STNG" notes that the spaceship's mission is not to spread "20th

On 24th October 1991, Gene Roddenberry died at the age of 70 years. Mr. Roddenberry is best known as the creator of the "Star Trek" series. Originally, this article was intended as a tribute to the 25th anniversary of the "Star Trek" television series and the premiere of the latest "Star Trek" motion picture. After Mr. Roddenberry's death, I thought it was more appropriate to pay tribute to his distinctive perception of the human spirit.

Indeed when David Alexander interviewed Gene Roddenberry earlier this year for the magazine, *The Humanist*, Alexander remarked that "Star Trek" may as well have been titled "The World According to Roddenberry." Thanks to Mr. Roddenberry, both "Star Trek" and "Star Trek: The Next Generation" have in their time made great breakthroughs in television's otherwise WASPish view of the world.

The original "Star Trek" television series was one of the first shows to feature a multinational cast of characters; and it featured television's first interracial kiss (between Capt. Kirk and Lt. Uhura). However, the "Star Trek" series did leave much to be desired in its treatment of women. Generally speaking, women on "Star Trek" were little more than objects of Capt. Kirk's romantic adventures. (The "Star Trek" series was cancelled by NBC due to poor Nielsen ratings and went on to reach cult status with its own fan clubs and conventions.)

"Star Trek: The Next Generation," in turn, also features a racially diverse cast of characters. However, women do have prominent and powerful roles. Every "Star Trek: The Next Generation" episode has an underlying message which is not blatantly stated in dialogue but is brought forth in the actions of the main characters. The messages have been simple and complex: from the necessity for humans to cooperate with one another to the instinct for survival of all living things. But, the episodes always underline Mr. Roddenberry's conviction that all human beings are capable of solving any problem with critical thinking.

century Euro-American cultural values through the galaxy." The direct outcome of these creative control measures is that the dramatic quality of "STNG" has improved since its inception. In the words of a review in the *Los Angeles Times*, the universe of "STNG" is more "detailed, layered, and angst-ridden."

However, this is not to discredit the creative efforts of others involved in the production of "STNG." Certainly, the series has much better actors, better plots, better animation and special effects than the original series.

"STNG" is not only popular with the general public, it has also won critical acclaim. "STNG" has won seven Emmy awards, one Peabody award, and it is endorsed by Viewers for Quality Television, a national media watch organization.

Gene Roddenberry had himself received many accolades. He was a decorated Army Air Corps pilot in WWII. As a PanAm pilot, he received a Civil Aeronautics commendation for bravery during the crash of a Calcutta-New York flight. Recently, he received the Humanist Artist award from the American Humanist Association.

Mr. Roddenberry admittedly had a highly idealistic view of the future: there was no greed, hatred, sexism, or racism in the future that he envisioned for the human race (as it was represented by the crew of the spaceship, USS Enterprise). He liked to consider himself as a philosopher, junior grade. Mr. Roddenberry said that there were not many subjects or issues that he had not pondered while creating "Star Trek: The Next Generation." According to him, the characters he had created for "STNG" are the type of humans we would all be if given the chance or the choice.

It has been a refreshing experience to watch "STNG" over the past few years. Apart from the idealistic fervor, Gene Roddenberry was a good story teller.

Goodbye, Mr. Roddenberry. I hope your vision of the future will come true.



by Terry A. McKeon

It's Christmas time again and that old nagging question comes back: What do we get Fluffy and Rover? If you're happy with the good old stand-by's—raw hide chews, cat nip toys, squeaky galls—great! But if you think that Fluffy would prefer a more personal touch, or that one more toy mouse for Fluffy and your curtains will be held hostage, then your probably right! Let's try some of these ideas on for size.

Do you remember that tie you Aunt Edna gave you last year? The one that's incredibly ugly but you don't dare throw it out for fear of an impending visit? Tie a knot in the end and it makes a wonderful chase toy for Fluffy to "attack." This is a two-fold gift: you get inner grins at never having to wear the ugly thing again and Fluffy gets a new and different toy. My cat loved his tie!

Consider an aquarium only if, of course, 1) you like fish and 2) Fluffy will never get to do more than watch. My sister, being more of the pamper-your-pet-till-your-relatives-laugh-themselves-into-oblivion type, gave her cat (among other things) a bird watching video. Perfect for the house bound pet. Yes, Murphy the wonder cat really does watch it! If tie toys and bird watching videos aren't for your Christmas kitty, local pet emporiums and the numerous and sundry catalogs have a never ending list of gift ideas. Everything from a personalized collar to having their stars read.

Before I move along to gift ideas for "Man's Best Friend," I'd like to make a quick note: While I'm the first to slap a pair of antlers on my dog's head at Christmas time and call him Max as we watch "The Grinch That Stole Christmas," I have yet to meet a cat that thought it was fun. For the holiday look, a new collar in festive colors can let good old Fluffy join in.

Social dilemma: You're invited to visit friends for the holidays and they have a dog. The welfare of your holiday wardrobe as well as your ankles lay in the balance. Solution? Give that little "Nipper" a gourmet treat for his little stocking by making him some homemade dog biscuits.



My secret recipe:

- 5 Lbs (15 Cups) wheat flour
- 1 1/2 Cups milk
- 6 Cloves garlic
- 6 Eggs, beaten
- 1 1/2 Cups wheat germ
- 1 1/2 Cups margarine
- 6 Tablespoons molasses
- 1 1/2 Cups water or meat juice

Mix flour, milk, garlic, wheat germ, and molasses in a large bowl. Add in margarine, then stir in eggs. Add water as needed. Roll out to about 1/2-inch thick and get creative with the shapes. Bake at 375 degrees for about 20 minutes. Allow to cool overnight and they will turn hard as rocks. Please

note that I've had this recipe for a very long time. With my handsome hound, I usually only make a fifth of the recipe.

Simon loves these treats and they are fun to make. So... when you're incredibly bored and are visiting a lot of people with dogs this year, bring them some homemade biscuits. You'll get away with ankles intact!

Okay, cooking dog biscuits is not for you. A can of tennis balls is a nice touch, especially if it comes with a promise to throw them. Tired of finding half-eaten calf hoofs and slimy raw hides? Try a nylabone. They are easy to clean and dogs really seem to enjoy them.

Don't have a pet but would like to remember Spot, your childhood bud? Think about making a donation to the SPCA. Money and food are always welcome as well as sheets, towels, and baby food meats for the Wildlife Rescue Center. And if you have a little time on your hands, they are always in need of volunteers! Call the Monterey SPCA at 373-2631.

Remember, our pets take time out of their busy busy schedules to give us affection and attention every time we walk through the door. The holidays are a great time to give some of that TLC back!

Happy holidays with a woof and a purr!

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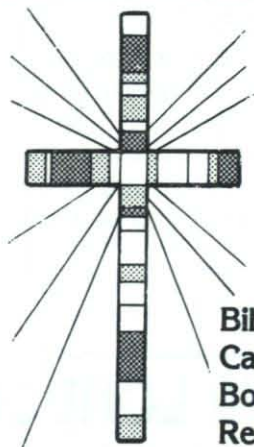
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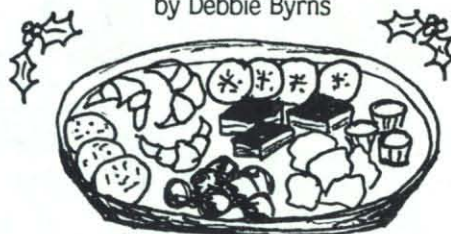
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# Christmas Cookies

by Debbie Byrns



The Christmas season is upon us! Nothing brings home the holidays more than the aroma of Christmas cookies baking in the oven. And this is definitely the time to be thinking about which ones you will be making this year. Here are three of my favorite recipes for Christmas cookies. . . Happy Holidays!

### Santa's Whiskers

- 1 Cup butter
- 1 Cup sugar
- 2 Tablespoons milk
- 1 Teaspoon vanilla
- 2 1/2 Cups sifted flour
- 3/4 Cup red and green candied cherries, chopped
- 1/2 Cup pecans, chopped
- 3/4 Cup flaked coconut

Cream together butter and sugar. Add milk and vanilla. Add flour. Add cherries and pecans last. Divide dough into 2 parts. Form each part into a log. Use wax paper to roll each log in coconut. Wrap logs in the wax paper and foil and refrigerate overnight. Slice cookies and place on ungreased cookie sheet. Bake at 375 degrees for about 10 - 12 minutes. (Use a timer; I've burned many a cookie!)

### Cut-Out Cookies

- 3 Cups sifted, all-purpose flour
- 1 Cup sugar
- 1 1/2 Teaspoon baking powder
- 1/2 Teaspoon salt
- 1 Cup softened margarine
- 1 Egg, slightly beaten
- 3 Teaspoons light cream or milk
- 1 1/2 Teaspoons vanilla

Heat oven to 400 degrees. Sift together flour, sugar, baking powder, and salt in a large bowl. Add butter, and cut into flour mixture until fine. Add egg, cream, and vanilla. Blend thoroughly. If desired, chill dough for easier handling. Place 1/3 dough on well-floured board. Roll to 1/2" thickness. Cut into shapes. Place on ungreased cookie sheet. Bake 5 - 8 minutes, or until lightly brown on edges. Frost and decorate when completely cooled.

### Ribbon Cookies

- 1 Cup butter
- 1 1/4 Cup sugar
- 1 Egg
- 1 Teaspoon vanilla
- 2 1/2 Cups flour
- 1 1/4 Teaspoons baking powder
- 1 1/4 Teaspoons salt
- 1/4 Cup green candied cherries, chopped
- 1 Square unsweetened baking chocolate, melted and cooled
- 1/4 Cup walnuts, chopped
- Green food color

Cream butter and sugar. Add egg and vanilla. Sift dry ingredients and gradually add to mixture. Divide dough into 3 parts. Part 1: Add green food color and cherries

Part 2: Add chocolate and walnuts

Part 3: Leave plain

Line a bread loaf pan with foil. Press Part 1 dough into bottom of line of loaf pan. Next press Part 2 dough on top of part 1. Press Plain dough on top of Part 2 dough. Refrigerate overnight. Take dough out and cut in half length-wise. Slice dough 1/2" thick and bake for 8 - 10 minutes in a 375 degree oven. (I would recommend using a timer.)



## Coastal Cuisine

by Debbie Byrns

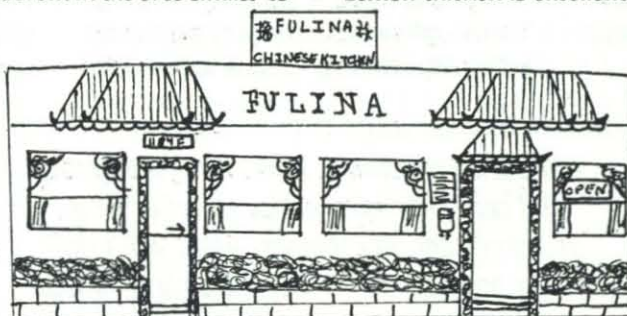
If you love authentic Chinese food but don't like to drive to Chinatown to get it, Fulina Restaurant in Pacific Grove is the place to go! I received a phone call several months back from a woman who had moved down to Monterey from San Francisco. She had been searching for a good Chinese restaurant in the area similar to those she knew in Chinatown. She told me that Fulina's was as good it gets on the peninsula. Needless to say, my husband and I went there the following night and have made it our one and only favorite Chinese restaurant. Fulina Restaurant is located in the Forest Hill Shopping Center next to Allegro Pizza. Although the name has been around for a while, the management is new.

We usually order soup to start the meal. The Won Ton soup is quite good, but I really prefer their Hot and Sour soup with shredded pork, mushrooms, and a spicy flavor that wakes up those taste buds. Last time we went to Fulina, I had the Rolling Lettuce chicken as an appetizer. This is like a lettuce burrito you make by filling a large leaf of iceberg lettuce with minced chicken, black mushrooms, onion, and water chestnuts. It's listed as an entree, but makes a great appetizer for 3 - 4 people. My husband loves sweet and sour pork, but was introduced to Beijing Pork. .he now has

a new favorite. The pork is lightly breaded and fried and then coated with a delicious sauce that is sweet with hints of ginger. Another favorite of ours is Mu Shu Pork with its little pancakes and hoisin sauce. Fulina has several varieties of Mu Shu to choose from. Lemon chicken is excellent and is recommended by the chef. The

Mongolian Beef is very tasty also, just beware of those little red peppers!

In addition, Fulina has a large selection of seafood entrees. I like the Kung Pao prawns, since I enjoy hot and spicy foods. My source told me that Fulina also does an excellent Steamed Whole Fish which is caught daily. The Fulina Chow Mein is a nice entree to round out any meal. The portions are large and we always have



leftovers to take home.

Fulina Restaurant is a small establishment, so if you have a large party then you should call ahead for reservations. Dinner for two at Fulina with soup, appetizer, 2 entrees and steamed rice is approximately \$20.00. I think it is the best Chinese restaurant in the area, and the best value, too! My rating: EXCELLENT!

Fulina Restaurant, which serves Mandarin and Szechuan Cuisine, is located at 1184 G Forest Avenue in Pacific Grove. Call 373-7427 for more information.

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# Christmas is Coming

by Laura Dorko

Christmas IS coming, and people all over the country are going to be striving not to gain weight. At Christmas time, we are still besieged by legions of rich and wonderful food. The question is, how does one resist overdoing?

Actually, I don't understand the word "rich" when applied to food. You see, I am a food-lover. To me "rich" means "extra good, you'll want ten servings." I grew up with a mother who could only eat one-eighth of a serving of chocolate cake. She'd say, "Oh, it's so rich I can hardly eat it!" while holding her stomach mournfully. When my mom said this about food that was in our house, I knew I would gain five pounds that day.

I have two frames of mind about eating—a scale mode and a food mode. The scale mode occurs after noting the number in the scale window. It is marked by such inspirational thoughts as: "I'm not going to

eat all day"; "I'll drink Slim Fast all day"; or "I'm going to run a mile today." This mental attitude usually lasts at least five minutes.

My food mode is definitely prevalent. The thoughts which accompany this mindset are equally uplifting: "I refuse to be molded

lovers like myself, complete with scale modes and food modes. (The few that aren't wear clothing sizes in the single digits.) The way I see it, if you can just maximize the time you're in the scale mode, you won't gain any weight over the Christmas and New Years

holidays. Here are several suggestions:

- 1) Stay in the bathroom from December 1st until January 2nd;
- 2) Buy ten or more scales and scatter them throughout your house; or
- 3) Write your weight on an entire pad of Post-It notes and stick them everywhere.

Following all of these strategies will ensure you success.


Well, I want to wish all my fellow food-lovers good luck in maintaining your weight over the holidays and have fun fitting into your clothes—I'm going to go eat a bowl of ice cream.

*Christmas is coming, and I am getting fat,  
All I can wear now is last summer's hat.  
If I don't get any thinner, what will I do?  
If I get any fatter, I'll soon be saying "MOO!"*

*(Sung to the traditional song "Christmas is Coming")*

to a culture that idolizes thin women"; "Weren't those Renaissance women beautiful?"; or "I hate Twiggy." This kind of thinking gets me in the mood for a nice cheeseburger or a big double-scoop sundae.

My feeling is that most people are food-



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## Hammer and Thread: Tips For Tree Decoration

by Cheryl Winnenberg



Once again, it's time to think about decorating for the holidays. At the center of all your decorations will probably be one of your most enduring symbols of the season - the Christmas tree. Whether your family spends hours searching for the perfect live tree or you just pull out the trusty artificial one, here are a few decorating tips to think about.

First, Christmas is a joyous time of year, so please make it a safe one, too. The surest way to ruin the season is with an accident or a fire. Even though that 7.5 foot Douglas Fir tree may look fabulous by the fireplace, it is not advisable to put it there. If you have a live tree, be sure to keep it well watered and away from any potential fire hazard, such as electrical outlets and portable heaters. Also, check the wiring on lights before putting them on the tree. Do not use any lights with bare wires or missing bulbs.

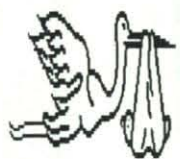
Once the tree is in place, the fun of decorating can really begin. A good rule to follow when trimming the tree is lights first, then garland, then ornaments, and finally tinsel. Lights come in many varieties from clear to single color to multi-color. Whichever you choose, spread them out evenly over the tree for the best effect. Garlands should also be spread evenly over the tree for the best

effect. They are a great way to hide imperfections in the tree, as well as any lighting wires that might be sticking out. Almost anything can be used as garland, from strung cranberries and popcorn to ribbons to strands of beads to silver and gold metallic garland to paper chains made by your children. Ornaments are much the same. Anything that you treasure makes a beautiful ornament. My mother still has an ornament that I made long ago in elementary school. At our house, we have a tradition of collecting a few new ornaments every year. We try to choose ornaments that reflect the area we are in. This year our new additions are a pair of sea otter Santas. Candy canes, pinecones, gingerbread boys and girls, even Hershey's kisses make great ornaments. Use your imagination to come up with creative ornament ideas.

Finally, the best tree decorating tip I know is to gather your family and do it together. So often we get caught up in the hustle and bustle of the season and forget how important it is to spend time with our loved ones. Decorating is one way to spend time with family and get everyone involved, from the oldest to the youngest. So pick a day and remember to have fun.

Have a safe and joyous holiday season.

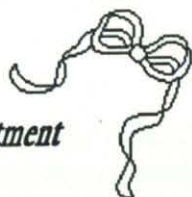
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## Dec. 6: Christmas in Monterey.

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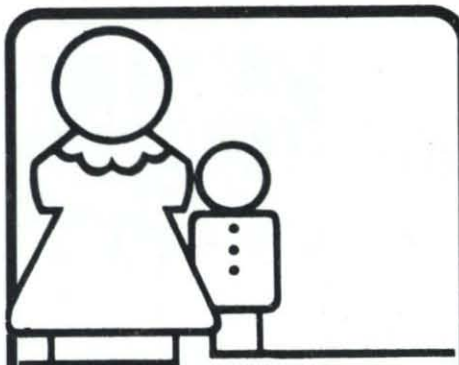
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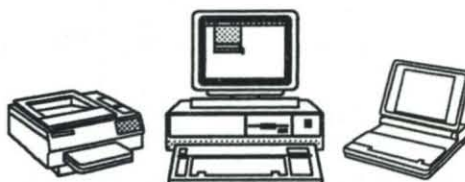
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